

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

Director: Joanne Trybus
 E-Mail: jtrybus@southhadleyma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax 532-8206
 Assistant Director: Lisa Napiorkowski
lnapiorkowski@southhadleyma.gov

THE GOLDEN CHRONICLE

MAY 2011

Chairperson: M. Connie Laplante

Social Service Coordinator:
 Angie Wright
 E-Mail: awright@southhadley.org
 WebSite: www.southhadley.org/pages/SouthHadleyMA_COA



HAPPY MOTHER'S DAY TO ALL MOTHERS, GRANDMOTHERS, GREAT-GRANDMOTHERS AND GREAT-GREAT GRANDMOTHERS.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE UNDER 60 MUST PAY \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

SPRING CONCERT AND CHORALITES CONCERT-WEDNESDAY MAY 25TH

Come and join the fun by having lunch (Roast Turkey/Gravy) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform some tunes in honor of Memorial Day in addition to some other seasonal tunes.

MOTHERS' GARDEN NEEDS GARDENERS
 * The dedicated group of gardeners for the Mothers' *
 * Garden has decreased over the last couple of years *
 * and those remaining are getting stretched. If you *
 * have an interest in planting, weeding and general *
 * maintenance, you are needed. Many hands make *
 * for light work. We will be meeting next at the gar- *
 * den on Wed., May 4th at 10 a.m. Come if you can. *
 * If you can't make that time but would like to help, *
 * please call Linda Young at 532-3291. *

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL CARD PARTY ON TUESDAY, MAY 3RD, 6:30 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOME-MADE DESSERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS ARE \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00 WITH A \$100 CASH FIRST PRIZE. TICKETS ON SALE AT THE DAILY LUNCHESES. The "FRIENDS" sponsor the coffee station, the photocopier, and provide financial support for all the special events.

South Hadley Senior Travel Club



SPRING/SUMMER TRIPS: Wednesday, May 25, 2011-Friesian's of Majesty/Basketville/Lunch at Putney Inn. Brief stop at Basketville then lunch at the Putney Inn followed by a choreographed musical show by the jet black stallions, **the Friesian's of Majesty.** You will meet these gentle animals close up. Cost \$82.00. Contact Susan Canedy 536-2106. **Wednesday, June 22, 2011, Lake George Luncheon Cruise.** Includes a delicious buffet luncheon on beautiful Lake George aboard the paddleboat **M/Viacduc Sacrement.** Includes musical entertainment. Free time to browse in lovely Lake George Village. Hopefully a group can gather for a mini golf game at your own cost. Trip Cost \$66.00. Contact Judy Fortier 534-3598. **Wednesday, July 20, 2011 Boston Whale Watch and Joe Tecce's Restaurant.** Includes a 3-hour whale watch aboard a comfortable high speed catamaran. Afternoon lunch at **Joe Tecce's**, a 50 year Boston favorite. Cost: \$86.00. Contact Barbara Laramee, 536-8567. **Wednesday, August 3, 2011, Saratoga Race Track.** Includes general admission, reserved grandstand seating, television monitors of each race, convenient betting windows and concession stands. Followed by dinner at **Grandma's Restaurant.** Cost: \$70.00. Contact Barbara Laramee, 536-8567. **Thursday, August 25-MacHayden Theatre** featuring **Roger and Hammerstein's "Carousel"**. Luncheon at **The White Stone Café.** Cost: \$76.00 Contact Susan Canedy 536-2106. A \$5.00 non-refundable deposit required on all trips. No deposit for "wait list" and no refund prior to 6 weeks of a trip. A travel Club Representative is at the South Hadley Senior Center Wednesday and Thursday 10-11:30 a.m. Flyers available.

NOTES FROM THE DIRECTOR

May is Older Americans Month and the theme for this year is "Older Americans: Connecting the Community." I believe this is a true statement because so many of the volunteers who donate time to help at the senior center are also active volunteers within the community. During the month a few programs will help honor older Americans. There will be a spring lunch and concert on Wednesday, May 25th. On May 10th an informational program will be presented on renovating one's bathroom with a "walk-in" tub and possible grant assistance to do so. On May 18th Attorney Gina Barry, a member of the Mass. Bar Association, as part of the Elder Law Education Program will speak on estate planning. With all of the rules of Mass. Health in a state of constant flux, this is a great program for planning ahead. Don't wait until adversity strikes, make plans while your health allows you to make choices.

I want to thank the staff for their efforts in making the Volunteer Appreciation Event a huge success last month. We are indebted to the volunteer assistance. Their donated hours equal 11 full-time positions!

The common goal of the staff of the South Hadley Senior Center is to make the Center a pleasant and positive place to be. Socialization abounds at the luncheons or being part of one of the activities. Come and see what we offer, no cost or obligation to return, unless you are impressed and we do hope you will be!

May is my favorite month, probably because I love flowers and it is so exciting to see them start to bloom. Thanks to some very devoted volunteers the Mother's Garden is a beautiful sight to behold in the warmer weather.

My best wishes to all mothers, grandmothers, great-grandmothers and great-great grandmothers for a very special Mother's Day in honor of their life-long career.

Joanne



Willimansett Centers East and West

"Helping you stay healthy and independent"

Short Term Rehabilitation and Long Term Care

413-536-2540

WEDNESDAY, MAY 18TH AT 10 A.M. ATTORNEY GINA BARRY WILL GIVE A PRESENTATION ON ESTATE PLANNING. AS PART OF THE MASSACHUSETTS BAR ASSOCIATION ELDER LAW EDUCATION PROGRAM, ATTORNEY BARRY WILL OFFER INFORMATION ON ESTATE PLANNING. WITH THE LAWS THAT PROTECT ONE'S ASSETS CONSTANTLY CHANGING AND THE LONGER 5-YEAR LOOK BACK PERIOD OF FIVE YEARS, THE TIME TO PLAN IS WHEN ONE IS HEALTHY. DON'T PROSCRATINATE BECAUSE CHOICES WILL BE MORE LIMITED IF A FAMILY MEMBER IS FACING PLACEMENT IN A LONG-TERM CARE FACILITY. CALL 538-5042 TO REGISTER IF POSSIBLE. OPEN TO THE GENERAL PUBLIC AND RESIDENTS OF SURROUNDING COMMUNITIES.

CHICOPEE VNA
Visiting Nurse Association, Inc.
Caring for you since 1942
2024 Westover Road • Chicopee, MA 01022


Great to Be Home Care

HOW SAFE ARE YOU? YOU MIGHT BE SURPRISED BY WHAT YOU WILL LEARN WHILE ENJOYING A HAMBURGER OR A HOT DOG!

Don't become a victim of a crime. Come and learn how to remain safe in your home, car, and on the internet. With the poor economy, criminals are devising all sorts of schemes to prey on people. The nice weather brings out the scam artists and some are very clever! Don't be caught off-guard by a dishonest person. Come and learn from those who know.

THE SO. HADLEY TRIAD/S.A.L.T. COUNCIL INVITES YOU ON THURSDAY, MAY 19TH TO THE SOUTH HADLEY SENIOR CENTER DINING ROOM TO LEARN ABOUT STAYING SAFE! Enjoy a hamburger or hot dog with chips and soda. The food will be served at 5:30 p.m. with the program to follow at 6:00 p.m. Special thanks to Sheriff Garvey and the Hampshire Sheriff's Office for providing the food. Because space is limited and food must be purchased, please call 538-5042 to register for this program. One must have a reservation to attend. This program will be presented by Christy Geffen, TRIAD Coordinator, for David Sullivan, Northwestern District Attorney, South Hadley Police Chief David Labrie and Dave Fenton from the Hampshire Sheriff's Office. Don't let yourself become the next victim! Non-seniors welcome to attend.

SPECIAL THANKS TO: JAMES O'CONNELL FOR VOLUNTEERING TO MOVE THE PLASTIC BARRIER IN THE HALL SO THE ELECTRICIAN COULD REPLACE THE BALLASTS IN THE CEILING LIGHTS.

****SOUTH HADLEY WOMENS CLUB FOR THEIR VERY GENEROUS DONATION OF \$200 FOR THE NUTRITION PROGRAM.**

HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE S.A.L.T. COUNCIL. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. IF YOU WISH, YOU MAY MAKE A \$5.00 DONATION TO THE SO. HADLEY TRIAD, c/o South Hadley Senior Center, 45 Dayton Street, South Hadley, MA 01075.

TRANSPORTATION WILL BE PROVIDED FOR THE FRIENDS OF SOUTH HADLEY ELDERLY CARD PARTY FOR FREE COURTESY OF A NICE LADY WHO IS ALSO A MEMBER OF THE FRIENDS. CALL 538-5042 IF YOU NEED A RIDE TO THE EVENT.

WEDNESDAY, MAY 10TH AT 10 A.M. BOSTON BATH WILL GIVE AN INFORMATIONAL SEMINAR ON THE BENEFITS OF A WALK-IN TUB AND STAIRLIFT FOR THOSE WHO WANT TO "AGE IN PLACE" AT HOME. The equipment provides safety, health and convenience benefits. A full presentation on 0% Mass. State Funding will also be offered. Complimentary refreshments available. Please call the COA at 538-5042 to register. The program is open to the general public from surrounding area and to family members under 60.

Angie's New & Notes

At long last, it's such a pleasure to see green grass growing and the first of the spring blossoms—so new, so beautiful. And, all the more wonderful after such a harsh winter.

And, speaking of new, there is a fine program now being offered by our local Area Agency on Aging, WestMass ElderCare located in nearby Holyoke, MA. This informational and supportive program is called *Options Counseling* and is a free service—there are no income guidelines.

OPTIONS COUNSELING

You have choices for long-term care and *Options Counseling* can help. *Options Counseling* assists consumers in need of long-term care services to make informed choices about the services and settings that best meet their needs, allowing them to live as independently as possible. The *Options* counselor can guide the consumer through their questions about living in the community or a nursing home.

Questions such as:

- Can I live in the community safely and independently?
- Should I consider a nursing home, assisted living, supportive housing, or other living environment?
- What services and/or assistive devices/home modifications are available to support me living in my

home?

- Does my current insurance cover any services and/or assistive devices/home modifications? If not, what funding, loans or donations may be available?

WHO IS ELIGIBLE?

- People who are at least 60 years of age
- Persons of any age who have any type of disability
- Family members and Caregivers

WHERE IS THE SERVICE PROVIDED?

- Your own home
- Hospital
- Rehab Center
- Nursing home
- On the phone
- By e-mail

If you would like to speak or meet with an *Options* counselor please call WestMass ElderCare at (413) 538-9020 and ask for Information & Referral.



Angie Wright
Social Service Coordinator

CHORES GRANT

The Chores Program (outside yard work), funded by a grant from WestMass ElderCare through the Older Americans Act is intended to provide services to low and moderately low-income seniors. Funds are available for spring yard clean up for qualified clients. If you believe that you qualify and are in need of services please contact Angie at the Council on Aging at (413) 538-5042, ext 206.

NUTRITION PROGRAM

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE.*
MENU SUBJECT TO CHANGE. The Nutrition Program is funded by the Older Americans Act through a contract with:

WESTMASS ELDERCARE, INC. MAY 2011 MENU

- 2) KIELBASA, Lazy Pierogi, Egg Noodles, Spinach, Rye Bread, Apricots or Diet Apricots.
- 3) CHICKEN MARSALA, Mushrooms, Pasta, California Blend Veggies, Whole Grain Roll, Applesauce or Diet Applesauce.
- 4) SHEPHERDS PIE W/GRAVY, Mashed Potatoes, Green Beans, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 5) COLD PLATE: TUNA SALAD: Pasta Salad, Carrot & Raisin Salad, Roll, Pineapple or Diet Pineapple.
- 6) LEMON PEPPER POLLOCK, Au Gratin Potatoes, Broccoli, Whole Wheat Bread, Peach Crisp or Diet Peach Crisp.
- 9) BEEF CHILI W/RICE, Carrots & Cauliflower, Peaches or Diet Peaches.
- 10) BIRTHDAY/ANNIVERSARY—BEEF TIPS W/GRAVY, Roasted Potatoes, Mixed Vegetables, Roll, Cake or Diet Cake.
- 11) ROAST PORK W/GRAVY, Mashed Potatoes, Green Beans, Multi-Grained Bread, Apricots or Diet Apricots.
- 12) CHICKEN PARMESAN W/SAUCE, Pasta, Peas, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) MACARONI & CHEESE, Stewed Tomatoes, Whole Grained Bread, Fruit Turnovers or Diet Fruit Turnovers.
- 16) CELEBRATE POLAND—STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Peas & Mushrooms, Whole-Grained Bread, Fresh Fruit.
- 17) BBQ CHICKEN, Sweet Potatoes, Corn, Orange Juice, Roll, Cookies or Diet Cookies.
- 18) LIVER & ONIONS, Red Potatoes, Carrots, Applesauce or Diet Applesauce.
- 19) ALL-BEEF FRANKS, Baked Beans, Mixed Vegetables, Roll, Pineapple or Diet Pineapple.
- 20) BREADED POLLOCK FILLETS, Wild rice, Brussels Sprouts, Multi-Grain Bread, Tapioca Pudding or Diet Tapioca Pudding.
- 23) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Yellow Squash, Pineapple Juice, Rye Bread, Jell-O or Diet Jell-O.
- 24) BROCCOLI QUICHE, Potato Puffs, Beets, Italian Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 25) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Carrots, Cranberry Sauce, Whole Grained Bread, Cake or Diet Cake.
- 26) STUFFED SHELLS W/SAUCE, Broccoli Florets, Italian Bread, Peaches or Diet Peaches.
- 27) POLLOCK LOINS, Rice, Cream Corn, Whole-Grained Roll, Pineapple or Diet Pineapple.
- 30) CENTER CLOSED—MEMORIAL DAY HOLIDAY
- 31) COLD PLATE: Egg Salad, Macaroni Salad, Three Bean Salad, Roll, Rice Pudding or Diet Rice Pudding.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK.
*FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042
NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL BY FRIDAY IF
YOU'D LIKE TO EAT ON MONDAY.

Nutrition Tidbits 2011

By Chris Brown
Nutritionist WMEC

Did you know:

- ◆ The latest research has indicated that orange juice containing the antioxidant hesperidin was associated with significantly lower diastolic blood pressure and improved blood vessel function. Don't count on OJ alone to combat high blood pressure, but combined with an overall healthy diet, exercise and watching one's weight, a morning glass of OJ might help to keep your blood pressure in check.
Tufts Newsletter 4/11
- ◆ Eating just one more serving of fruits or vegetables cut the risk of dying from heart disease by 4% in a European study. Those that ate 8 or more daily portions were 22% less likely to die of heart disease.
Tufts Newsletter 4/11
- ◆ In study after study, people who eat more whole grains have a lower risk of obesity, heart disease and diabetes than those who ate whole grains. It is also beneficial not to smoke and to exercise more to lower the risk of heart disease.
Nutrition Action 3/11
- ◆ Canned vegetables and beans contain sodium as a preservative. By rinsing the contents of the canned items, up to 40% of the sodium is removed from the product.
Tufts Newsletter 2/11
- ◆ There is more evidence that eating a Mediterranean style diet helps protect your aging brain. There was a slower rate of cognitive decline for people who ate such foods as fruits, vegetables, legumes, olive oil, fish and whole grains. Studies also indicated reduced risk of heart disease, certain cancers and diabetes for those eating a Mediterranean style diet.
Tufts Newsletter 4/11

IN MEMORIAM

IN MEMORY OF:

FROM:

SENIOR NET:

ERNEST J. ROSS, JR

Helen E. Yelle

DR. FRANCIS NELEN

Amy Hughes
Patricia Kraske
Linda & Gary Duggan

BUILDING FUND:

JANE NOEL

Ellen Noel Manolakis & Family
Verna M. Kaifer
John & Ann Root
Jean & Phyllis LaCoste
Lois L'Esperance
Patricia Kraske
Ellen & James Sibia
Maria Taylor, Jo-Ann Supino & Joe Dion
Michael & Lynn Manolakis
Gloria Labonte
Lorraine & Oscar Bail
Mary & Bill Shanahan
Chris & Liz Manolakis
Walter & Beth Morse
Nancy & Chester Towne
Peter & Connie Manolakis
Kathryn & Cameron Walker
Colchester (CT) Elementary School

NUTRITION:

LUANNE LOISELLE

Noella Loisel

BILL "BB" BIELANSKI

Betty Foley
Alexina Schwalm

SHIRLEY MARTIN

Claire Bielanski
Alexina Schwalm

B. J. WHITE

Claire Bielanski

FLORENCE "JEAN" ELLIS

Claire Bielanski

JACKIE WILLIS

Claire Bielanski

FRANK JAGADOWSKI

Alexina Schwalm

JANE NOEL

June Beattie
William & Pamela Dalton
Donna Robideau

CHRISTMAS BASKET:

ANGIE RENALDI Lathrop Village & Newton Manor
Tenants Association

IN MEMORIAM

IN MEMORY OF:

FROM:

ACTIVITIES GIFT/NECESSITIES:

MARTHA CYR

Daniel Cyr

HELEN DZURIS

Edward F. Dzuris

BILL "BB" BIELANSKI

Eugene Brunelle
Ray & Irene Morin

ACTIVITIES GIFT--- "CARDS"

JOAN HEBERT Wednesday COA Pitch Players

SERVICES ACCOUNT:

EUGENE DUCHARME

Bob O'Neill

MOTHER'S GARDEN:

RUTH MILLER

Barbara Sullivan

ANGIE BAINBRIDGE

Angus Bainbridge

VERONICA MAJKA

Carole Dubuc

BEAULAH CLARK

Lathrop Village & Newton
Manor Tenants Assoc.

MINI-BUS MAINTENANCE ACCOUNT:

BILL "BB" BIELANSKI

Gerry & Helen Bernard

SUBSIDIZED SR. TRANSPORTATION:

GEORGE PELC

Alice Pelc

ETHAN RIDEOUT

Lathrop Village & Newton
Manor Tenants Assoc.

MINIBUS FUTURE PURCHASE:

GEORGE PELC

Alice Pelc

NEWSLETTER:

GEORGE PELC

Alice Pelc

EDWARD J. DIETZ

Donald & Christine
McCullough

<p>2 KIELBASA 9 Yoga-EX 10 Music Appreciation-CE 11 Tai Chi-(New Session)-EX 1 Stained Glass-CE 1 Poker-DR/Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>3 CHICKEN MARSALA 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg Friends Card Party at St. Pat's</p>	<p>4 SHEPHERDS' PIE/GRAVY 8 HIP-EX/9:30 Grocery Shopping 10 Mother's Garden Volunteer Organizational Meeting-CE 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE/Pitch-CR 1 Choralites-DR/Senior Poetry-C2</p>	<p>5 COLD TUNA SALAD PLATE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers -CR 1 Scrabble-L 1 Quilting-CE</p>	<p>6 LEMON PEPPER POLLOCK 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Cribbage-CR 1 Canasta/Poker-DR 1 Bridge-CE</p>
<p>9 BEEF CHILI/RICE 9 Yoga -EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR/Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>10 BIRTHDAY/ANNIVERSARY BEEF TIPS/GRAVY 10 Boston Bath presents Walk-in Bath info-CR 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR/ Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>11 ROAST PORK/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE 1 Pitch-CR 1 Choralites-DR</p>	<p>12 CHICKEN PARMESAN 10 Beginning Exercise-EX 10 Travel Club -C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Golden Agers -CR 1 Scrabble-L 1 Quilting-CE</p>	<p>13 MACARONI & CHEESE 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>16 CELEBRATE POLAND STUFFED CABBAGE/SAUCE 9 Yoga-EX 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker/Pinochle-DR 1 Canasta-DR</p>	<p>17 BBQ CHICKEN 10-11 Brown Bag-CE 10 Low Vision Support-C2 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>18 LIVER & ONIONS 8 HIP-EX/9:30 Grocery Shopping 10 Attorney Gina Barry Estate Planning-CR 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11 Berkshire Hills Performs-DR 1 Pitch-CR/Mah Jongg-CE 1 Senior Poetry-C2/Choralites-DR</p>	<p>19 ALL BEEF FRANKS 10 Beginning Exercise.-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L 5:30 Hamburgs & Hotdogs TRIAD Safety Program</p>	<p>20 BREADED POLLOCK FILETS 9:30 Grocery Shopping 10 Bereavement-Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>23 FRENCH MEAT PIE/GRAVY 9 Yoga-EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>24 BROCCOLI QUICHE 9 Newsletter Collating-CE 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>25 SPRING CONCERT LUNCHEON ROASTED TURKEY/GRAVY Senior Travel Club Trip 8 HIP-EX/9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites Concert-DR 1 Mah Jongg-CE/Pitch-CR 1 Senior Poetry-C2</p>	<p>26 STUFFED SHELLS/SAUCE 10 Beginning Exercise.-EX 10:30 Blood Pressure Screening w/Fire District #1-DR 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>27 POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>30 MEMORIAL DAY HOLIDAY CENTER IS CLOSED</p> 	<p>31 COLD EGG SALAD PLATE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p style="text-align: center;"> MAY  2011 Older Americans Month</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

ANNE'S NEWS

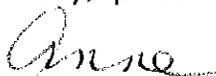
I hope you are enjoying the beautiful spring weather and enjoying the warmer weather. It's a great time to start something new or get involved in something you've been putting off. I have given a few tours recently and have been so pleased to see those people coming regularly to activities and lunch. If you are interested in a tour, please call me at 538-5042 and we can find an area of interest for you also.

I want to say a special note of **THANKS** to all our volunteers! If you were not able to attend the Volunteer Appreciation Event I would still like to give you your gift. Every volunteer at the Senior Center has an impact on the services we can provide, and no matter the amount of hours or your abilities, you are treasured! I would like to welcome Peg Moriarty who is distributing Brown Bags at Lathrop Village for us. We are currently in **need** of volunteers in our Nutrition Department. We need people to set tables, clear, and assist with packing our Meals on Wheels. If you are comfortable on your feet for 4 hours (they take breaks too!) we really need your help! Call me to set up an appointment at 538-5042.

This month there are a few things I'd like to draw your attention to. The Friends of the South Hadley Elderly, Inc are having a **Card Party** on May 3rd at the St. Patrick's Social Center. The Friends raise the funds for all our activities and the Card Party is their largest fundraiser, and it's also great fun!!!!

On **May 10** we will celebrate our **May birthdays and anniversaries**. On **May 16** we will **celebrate Poland**. If you have any mementos or a costume from Poland please bring or wear it! On **May 18** the **Berkshire Hills Music Academy** will perform at 11:00 a.m. in the Dining Room. This will be the last performance of the entire group before summer vacation, so you won't want to miss it. We are very pleased that some of the students have decided to stay for the summer and will come in smaller ensembles. On **May 25** we will be having a **Spring Luncheon and Concert** by the Choralites. They are preparing a variety of music for your listening pleasure. Be sure to make your reservation early, space is limited.

See you in May!



South Hadley Council on Aging

SeniorNet
Computer Learning Center



Address: 45 Dayton Street

South Hadley

Telephone: 533-6889

Coordinator: Irene Bernstein

SeniorNet is planning its next classes. Give us a call at 533-6889 to tell us about your interests. Among the courses that may be offered are:

INTRODUCTION TO COMPUTERS: An overview of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

INTERNET: Offers an explanation of how the internet works and explains email, using "search engines", such as Google, and introduces you to the SeniorNet national website where there are a variety of chat rooms and short explanations of various programs.

WORD PROCESSING: An introduction to the basic concepts including creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

PICASA: A digital photo organizer and editor. It offers quick edits, ways to sort pictures, and place them in albums or folders. It is also possible to share photos with family and friends.

INTRODUCTION TO BUYING ON EBAY: This will be a two-hour workshop that will demonstrate how to register as an EBay user, determine whether a seller is trustworthy, bid on an item, and identify when an auction will close.

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. Most classes run for 6 to 8 lessons, each lasting 2 hours.

SeniorNet has a website. It is available to those interested in the classes and work-shops. There is information about SeniorNet, a calendar, and other information about the program. You can reach the website at SENIORNESH.ORG. If you wish you can leave us a message by clicking on the Contact Us tab.

The goal of SeniorNet is to provide hands-on instruction in learning both computer basics and more advanced uses at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible. Call us at 533-6889. We'll call you right back.

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
 (413) 532-8206 FAX

PRSR STD
 U.S. Postage
 PAID
 Permit #85
 S. Hadley, MA
 01075

DATED MATERIAL

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

 <p>Andrew R. Beaudry, CFP®, CLU, ChFC, CASL</p> <p>87 Willimansett Street • South Hadley, MA 01075-3038 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436 abeaudry@jlnetwork.com • www.privatefinancialdesign.com</p>	<p>DENNIS R. PRONOWICZ, P.T. PHYSICAL THERAPY</p> <p>138 1/2 COLLEGE STREET P.O. BOX 261 SOUTH HADLEY, MA 01075</p> <p>TELEPHONE (413) 532-9913</p> <p>Orthopedic (Including Neck, Back and Foot Pain) Neurologic</p>	 <p>Belchertown • Easthampton • Hadley • Northampton South Hadley • Southampton • Westfield</p> <p>Connecting All Offices 413-527-4111</p> <p>Member FDIC bankesb.com Member DIF</p>
 <p>VNA & Hospice of Cooley Dickinson</p> <p><i>Caring for you at Home</i></p> <p>168 Industrial Drive Northampton MA 01060</p> <p>413-584-1060</p> <p>www.VNAandHospice.org</p>	 <p>HUTT EYE ASSOCIATES</p> <p>ALFRED HUTT, MD, FACS 10 Hospital Dr. Holyoke, MA 01040 536 - 0006</p>	 <p>BEERS & STORY SOUTH HADLEY FUNERAL HOME</p> <p>• Preplanning • Burial • Cremation</p> <p>646 Newton St. South Hadley 533-4400 www.beersandstory.com</p> <p>Marc G. Gaudreau Wendy L. Story Directors</p>
 <p>Loomis Communities Loomis Village Continuing Care Retirement Community</p> <p>Independent Living, Assisted Living, Health Care</p> <p>North Main St., South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	<p>DISCOUNT AUTO GLASS <i>Serving the Pioneer Valley</i></p> <p>Insurance Approved Direct Billing Free Mobile Service</p> <p>533-5368</p>	<p>WHITE WING MOBIL 566 Newton St., South Hadley Variety & Package Store</p> <p>Mass. Lottery Agent Open 5-10 534-3770 7 Days</p>  <p>DONNA Travelling Hair Stylist For men & women Call to make an appointment in your home 413-734-2328</p>
 <p>130 COLLEGE ST - ROUTE 116 SUITE 225 SOUTH HADLEY, MA 01075</p> <p>BROOKSIDE PROFESSIONAL BUILDING AT CHAP DE LAINE'S</p> <p>413-532-7555</p> <p>Christopher L. Bail, C.Ped. Laura M. Bail, C.Ped.</p> <p>SPECIALIZING IN ORTHOPEDIC FOOTCARE NEEDS AND FOOTHEALTH PRODUCTS</p> <p>*CUSTOM ORTHOTICS & FOOTWEAR OUR SPECIALTY*</p>	<p>Ryder Funeral Home Pre-Need Funeral Planning</p> <p>33 LAMB STREET • SOUTH HADLEY 533-1735</p> <p>MYRON W. RYDER WILLIAM W. RYDER FOUNDER DIRECTOR</p> <p>www.ryderfuneralhome.com</p>	<p>SOUTH HADLEY DENTAL ASSOC., INC. MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>  <p>ACE Drain & Sewer Cleaning South Hadley</p> <p>538-9930 Owner Ronald T. Padykula</p> <p>Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>
<p>Hair Services for Men & Women <i>in your home</i> Call Barbara at 538-9516 or 885-0371 Serving the Elderly & Disabled 24 Years</p>	 <p>WINGATE SOUTH HADLEY</p> <p>"Where Healthcare and Hospitality Meet!" Short Term Rehabilitation • Long Term Care 1-800-WINGATE www.wingatehealthcare.com</p>	<p>STATE REP. JOHN W. SCIBAK P. O. BOX 136, SO. HADLEY, MA Tel: (413) 539-6566 Fax: (413) 539-5855 E-mail: Rep.Johnscibak@hou.state.ma.us</p>